



«Life's a Beach»

Sample Schedule



	Day 1	Day 2	Day 3	Day 4	Day 5
9:00 to 9:10	Good morning routine: review rules, health & safety & weekly schedule				
Warm up 9:10 to 9:20	Get your body moving: Animal HIIT, Uno card workout, Roll the Dice and more.				
Art & design 9:20 to 10:20	Sea Creatures Seahorses, mermaids & jellyfish	Dutch Pour Ocean Painting	Salt & Sand Painting	Pirates & Treasures Hooks, Treasure trunks & map	Ocean Cupcakes Sea Turtles & Fish
10:20 to 10:35	Snack/Water & Refuel				
Sports & water fun 10:35 to 12:00	Pool Time, Water Games, Sidewalk Chalk & Sports *Lifeguard on duty		Master Chef Custom Experience Homemade Cavatelli & Oreo Truffles	Pool Time, Water Games, Sidewalk Chalk & Sports *Lifeguard on duty	
12:00 to 12:45	Lunch & Free Play				
Stem & nature 12:45 to 1:30	Ocean Life Experiments	Sand Slime & Seashell Crystals	The Environment	Shipwrecked Ships & Currents	Volcanic Explosions
Performing arts & storytelling 1:30 to 2:00	Circle, Improv and Guessing Games Play writing, Storytime & Dress Up				Special Event Hawaiian Luau Lemonade Stand
Wellness 2:00 to 2:30	Yoga Power Poses, Body Scan Meditation, Mindfulness stories, Emotion Jars, Roses & Thorns Reflections				Badge Ceremony Honoring campers
2:30 to 2:45	Pick-up: Campers Clean-up: Camp Leader				*Parents invited early to attend Badge Ceremony

